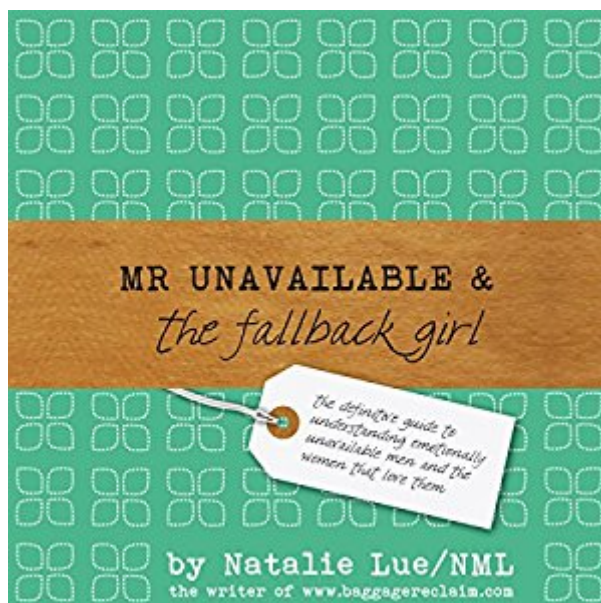


The book was found

# Mr Unavailable And The Fallback Girl



## Synopsis

Are you the Fallback Girl? If you've ever found yourself in a relationship that feels and seemingly looks like one, but you're struggling with commitment, or you've been in the ambiguous territory of a "casual relationship", you've likely tried to change them, wondered what you did to cause this, what you can do to win their love and commitment, or even whether you're going crazy. *Mr Unavailable and the Fallback Girl* is the definitive guide to understanding the relationship between emotionally unavailable men and the women who love them. From explaining how and why they blow hot and cold to where that future they promised went to, how you've ended up being a booty call, why you've been together for a gazillion years but aren't going anywhere, and more importantly how and why you're involved with them in the first place, all of the answers are here. You know you're dealing with unavailability when you ask stuff like: What happened to that great guy from the beginning? Why won't he break up or stay away if he doesn't want to commit? What the hell did I do to make him disappear? Is he going to leave her for me? It's because he's shy/busy/scared of his feelings, isn't it? Inspired by the real-life adventures in unavailability of Natalie Lue and the readers of her site, [BaggageReclaim.com](http://BaggageReclaim.com). *Mr Unavailable and the Fallback Girl* is an empowering, entertaining, and inspiring read that will wise you up to pitfalls such as men who aren't over their exes, Future Fakers, guys who have more baggage than a Heathrow terminal, and reappearing childhood sweethearts. If you want to understand your own availability and why commitment in a healthy relationship is eluding you, *Mr Unavailable and the Fallback Girl* is your guide to being available and attracted to healthy, available partners. Back in the summer of 2005, Natalie Lue was a single advertising executive wondering out loud on her blog why she had a penchant for unavailable men. Using her site, [BaggageReclaim.com](http://BaggageReclaim.com), to answer that question while transforming her life, her blog has become a go-to source for understanding emotional unavailability, commitment, dating, relationships and self-esteem while inspiring many thousands of people to change their own relationship habits.

## Book Information

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## Customer Reviews

A friend bought this book for me and we started reading it together. All I can say is that the amount of "Holy crap" moments that I have had while reading it have been mind-blowing. I had revelations that I don't think I would have ever had because of this book. It has not only made me reframe my past relationships; it has made me reassess ALL of my relationships- even my business relationships.

Awesome book if you are looking for the truth. In my opinion there are always early red flags with Mr. Unavailable. Every time I get wrapped around one of these guys I think back to when I first met the guy and early warning signs are usually blazing in my face. I just dismiss them as being untrue. Now I will do things differently. And the Mr. Unavailable's are usually looking for ripe women who really want a committed long relationship.

I am glad to find this book. As a person who is constantly working on personal growth and trying to find problems within i was feeling guilty for all my failures in relationships. The last relationship ended a month ago before I found this book. I had mixture of feelings: poisonous guilt and questioning my adequacy. As a typical " nice girl " i ended relationship when my mr. unavailable didn't visit me in a hospital, even after that i was feeling that i must have done something wrong to " provoke " him. This book was a remedy and eye opener. Thank you Natalie...

I came cross Natalie's blog and then decided to check out her book. I'm only a 1/4 way through and honest to god, you described my ex and our situation perfectly. My ex made me think that I was crazy so I went to therapy. After the first session, my therapist told me to "run, run as fast as you can." Since I'm a fallback girl, I let my ex talk me into remaining friends because "he needed me in his life." I had 3 sessions with my therapist and she told me I no longer needed to see her. My ex keeps making random appearances in my life and so I did a google search for "why does my ex want to be friends" and Natalie's blog came up. I started reading her blogs and using them for

supplemental information. I'm glad it did. I now see the errors of my ways and now know how to spot Mr. Unavailable, which seems to be a bulk of my dating history. Since coming across Natalie's blog, I've begun and continued to make positive changes in my life. Thank you for helping me get my life back!

After listening to and counseling my friend on her failed relationships, I knew it was time to bring in some extra help! This book was the perfect choice. Why do women often choose men who are unavailable? Do we do it purposely? Are our "pickers" broken? My friend thought hers was! She told me when she started reading this book that immediately the pages/ words were slapping her right in the face! Guess I found the right book for her!

If you have been in a relationship or have had one end and said or wondered "Why is this happening?" or "What did I do wrong?" or "Dude, WTF?" or "I've done everything to prove I love him and he just won't commit" or "Why does the same thing keep happening to me?", you really, really need to read this book! Natalie Lue breaks it down, keeps it real and tells the truth the way you wish your best girlfriend would have or even your Mom or Dad should have. It gives you the tools to break the painful cycle you are in, shines a light in the darkest corners of your thoughts/feelings/self-esteem to make you see what YOU need to change (if you're a Fallback Girl, yes, you DO need to change) and red flag behavior that should not be ignored. There is no fluff just lots of straight talk that will bring you out of your "love coma". I also highly recommend her blog.

I am overcoming an unexpected breakup from a "Mr. Unavailable", and I've struggled to understand what the heck happened....how did I get so attached to someone who in the end turned out to be so incredibly unavailable, selfish, and downright hurtful? And why do I still feel sucked in on some level even though he hurt me so much? This author gets all of that--how women become the Fallback Girl, how Mr. Unavailable operates, why it's seductive, and why he is someone who will only hurt you in the end. I loved and needed her tough love on this--she makes no apologies for their disrespectful behavior and keeps her message strong and consistent throughout the book--these are limited men with limited intimacy skills and limited ability to do any semblance of a real relationship. Her strength is giving me the strength I need to move on from him. I want to also give a shout out to the author about her very insightful and accurate description of the differences and similarities between unavailable men and narcissistic men. These are subtle differences, and being very well versed in narcissistic psychology, I could not agree with her more. I highly recommend this

book to any woman who's sick of the pattern of dealing with ambivalent, unavailable men and all the hurt and baggage they bring with them.

Wow. Wow. and just WOW. She hits it right on the head! Reading this book gave me some great insights into why I seem to be drawn to the wrong guys, over and over. Also some good tips on how to finally CHANGE my "relationship behavior". Thank you Natalie Lue!!

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